



Momentary Buddhahood: Mindfulness and the Vajrayana Path

Anyen Rinpoche

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We think of enlightenment as something that happens all at once, like a tidal wave that cleans away everything impure. In truth, however, realization happens incrementally, from moment to moment. And in any moment when true wisdom is recognized, all concepts and afflictions are freed right on the spot and we can affirm for ourselves that the experience of enlightenment is possible. When we do, we experience a moment of the mind of a buddha - "momentary buddhahood."

In this tantalizing presentation, Anyen Rinpoche offers a vision of the crucial necessity of mindfulness in any exploration of the Buddha's path - especially the path of tantric practice.

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